

Team Workout for May 5, 2026

1,100 Yards



WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

6 x 50yd freestyle/backstroke alternate, 15 second rest after every 50yds

2 x 50yd freestyle w/pull buoy, 15 second rest after every 50yds

4 x 50yd butterfly/breaststroke alternate, 15 second rest after every 50yds

2 x 50yd freestyle w/pull buoy, 15 second rest after every 50yds

50yd, swimmer's choice

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick